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Sources of Free or Low-Cost Food and Nutrition Materials

June 1994



**United States
Department of
Agriculture**

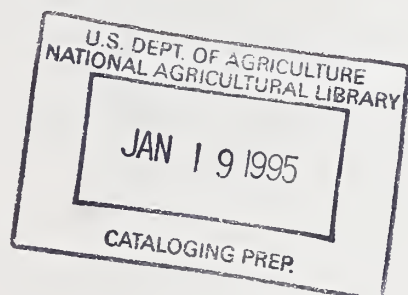


National Agricultural Library

Sources of Free or Low-Cost Food and Nutrition Materials

Revised June 1994

Food and Nutrition Information Center
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**Food &
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Table of Contents

	Page
Introduction	i
Section I Nutrition, Medical, and Health Organizations:	1
A. National Contacts:	
Aging	
Alcohol and Drugs	
Allergies	
Arthritis	
Cancer	
Dental Health	
Diabetes	
Digestive Diseases	
Eating Disorders	
Fitness and Sports	
Food and Nutrition	
Food Safety	
General Health	
Heart Disease	
Maternal and Child Health	
B. Local Contacts	
Section II Food-Related Associations	6
Beverages	
Dairy, Eggs, and Cheese	
Fish and Seafood	
Meat and Poultry	
Nuts and Legumes	
Other Food Related Organizations	
Pasta and Grains	
Produce	
Section III Food Companies	11

Introduction

This publication is a list of organizations that provide free or low-cost food and nutrition materials for consumers. The Food and Nutrition Information Center (FNIC) receives many requests for materials to distribute at health fairs, classes, physicians' offices, wellness programs, and other locations. Since FNIC is not a clearinghouse and does not distribute publications in bulk, the Center has developed this publication to help others locate free and low-cost food and nutrition materials.

The list is alphabetical and divided into three sections: 1) Nutrition, Medical, and Health Organizations; 2) Food-Related Associations; and 3) Food Companies. If the organization has materials available in non-English languages, the languages are listed in parenthesis after the name of the organization. Not all publications are available in all languages. The languages are abbreviated as follows:

A	=	Arabic
C	=	Cambodian
Ch	=	Chinese
Cz	=	Czechoslovakian
F	=	Farsi
H	=	Hmong
J	=	Japanese
K	=	Korean
Kh	=	Khmer
L	=	Laotian or Lao
P	=	Polish
R	=	Russian
S	=	Spanish
T	=	Tagalog
Td	=	Tai Dam
Th	=	Thai
Tu	=	Turkish
V	=	Vietnamese

FNIC recommends that you call or write the organization(s) for a publication list or order form. FNIC also suggests that you make your request(s) for materials as far in advance as possible to allow for processing and mailing time. Some organizations may take up to eight weeks to fill your request. There are fees for some of the materials distributed by these organizations.

Inclusion of an organization on this list does not indicate endorsement by the U.S. Department of Agriculture (USDA), nor does the USDA ensure the accuracy of all information provided by these organizations.

Section I. Nutrition, Medical, and Health Organizations
A. National Contacts

Aging

American Association of Retired
Persons
601 E Street, NW
Washington, DC 20049
(202) 434-2277

Asociación Nacional Pro Personal
Mayores (S)
3325 Wilshire Boulevard, Suite 800
Los Angeles, CA 90010
(213) 487-1922

National Institute on Aging (S)
Information Office
Building 31, Room 5C-27
9000 Rockville Pike
Bethesda, MD 20892
(301) 496-1752

Alcohol and Drugs

National Clearinghouse for Alcohol
and Drug Information (S)
Information Specialist
P.O. Box 2345
Rockville, MD 20847-2345
(301) 468-2600
(800) 729-6686

Allergies

American Allergy Association
P.O. Box 7273
Menlo Park, CA 94026
(415) 322-1663

The Food Allergy Network
4744 Holly Avenue
Fairfax, VA 22030-5647
(703) 691-3179
(800) 929-4040

Arthritis

Arthritis Foundation Information Line
1314 Spring Street, NW
Atlanta, GA 30309
(800) 283-7800

Cancer

American Cancer Society
1599 Clifton Road, NE
Atlanta, GA 30329
(404) 320-3333
(800) 227-2345

American Institute for Cancer Research
1759 R Street, NW
Washington, DC 20009
(202) 328-7744
(800) 843-8114

National Cancer Institute
Office of Cancer Communications
Building 31, Room 10A-24
9000 Rockville Pike
Bethesda, MD 20892
(800) 4-CANCER
in Alaska (800) 638-6070
in Hawaii (800) 524-1234

Dental Health

American Dental Association (S)
Department of Public
Information and Education
211 East Chicago Avenue
Chicago, IL 60611
(312) 440-2593

National Institute of Dental Research
Public Information and Reports Section
Building 31, Room 2C35
9000 Rockville Pike
Bethesda, MD 20892
(301) 496-4261

Diabetes

American Diabetes Association (S)
National Service Center
1660 Duke Street
Alexandria, VA 22314
(703) 549-1500
(800) 232-3472

National Diabetes Information
Clearinghouse (S)
Box NDIC
9000 Rockville Pike
Bethesda, MD 20892
(301) 654-3327

Digestive Diseases

Celiac Disease Foundation
13251 Ventura Boulevard, Suite 3
Studio City, CA 91604
(818) 990-2354

CSA/USA
Celiac Sprue Association/United
States of America, Inc.
P.O. Box 31700
Omaha, NE 68131-0700
(402) 558-0600

Crohn's and Colitis Foundation
of America, Inc.
386 Park Avenue, South, 17th Floor
New York, NY 10016-8804
(212) 685-3440
(800) 932-2423

The Gluten Intolerance Group of North
America
P.O. Box 23053
Seattle, WA 98102-0353
(206) 325-6980

Eating Disorders

Anorexia Nervosa and Related
Eating Disorders
P.O. Box 5102
Eugene, OR 97405
(503) 344-1144

National Association of Anorexia Nervosa
and Associated Disorders
P.O. Box 7
Highland Park, IL 60035
(708) 831-3438

Fitness and Nutrition

International Center for Sports Nutrition
502 South 44th Street, Suite 3012
Omaha, NE 68105
(402) 559-5505

The President's Council on Physical
Fitness and Sports
701 Pennsylvania Avenue, NW
Room 250
Washington, DC 20004
(202) 272-3424

Women's Sports Foundation
Eisenhower Park
East Meadow, NY 11554
(800) 227-3988

Food and Nutrition

Community Nutrition Institute
2001 S Street, NW, Suite 530
Washington, DC 20009
(202) 462-4700

Food and Drug Administration (S)
Office of Consumer Affairs
Department of Health and Human
Services, Room 1685
5600 Fishers Lane (HFE-88)
Rockville, MD 20857
(301) 443-3170

Food and Nutrition Information Center
National Agricultural Library/USDA
10301 Baltimore Boulevard, Room 304
Beltsville, MD 20705-2351
(301) 504-5719

Human Nutrition Information
Service/USDA (S)
Public Affairs Staff
6505 Belcrest Road
Hyattsville, MD 20782
(301) 436-8617

National Center for Nutrition and
Dietetics (S)
The American Dietetic Association
216 W. Jackson Boulevard, Suite 800
Chicago, IL 60606-6995
(312) 899-4854
(800) 366-1655

Penn State Nutrition Center
The Pennsylvania State University
Ruth Building, 417 E. Calder Way
University Park, PA 16801-5663
(814) 865-6323

Nutrition Information Center
515 East 71st Street, S 904
New York, NY 10021
(212) 746-1617

Food Safety

Food and Drug Administration
Seafood Hotline
(202) 205-2314
(800) FDA-4010

Food Safety and Inspection Service (S)
Meat and Poultry Hotline/USDA
Room 2925-S
14th Street, SW
Washington, DC 20250
(202) 720-3333
(800) 535-4555

General Health

Bureau of Refugee Services
(C,Ch,F,H,K,Kh,L,R,T,Td,Th,V)
Iowa Department of Human Services
1200 University, Suite D
Des Moines, IA 50314
(515) 283-7999

Center for Science in the Public Interest
1875 Connecticut Avenue, NW,
Suite 300
Washington, DC 20009-5728
(202) 332-9110

Consumer Information Center (S)
P.O. Box 100
Pueblo, CO 81002

Metropolitan Life Insurance Company
Health and Safety Education Division
One Madison Avenue
New York, NY 10010-3690

National Council Against Health
Fraud, Inc.
P.O. Box 1276
Loma Linda, CA 92354-1276
(909) 824-4690

New Mexico Department of Health (S)
Health Promotion Bureau
P.O. Box 26110
Santa Fe, NM 87502
(505) 827-2504

Public Voice For Food and Health
Policy
1001 Connecticut Avenue, NW
Suite 522
Washington, DC 20036
(202) 659-5930

Heart Disease

American Heart Association
National Center (Ch,J,R,S)
7272 Greenville Avenue
Dallas, TX 75231
(800) AHA-USA-1
(800) 242-8721

NHLBI Information Center (S)
(National Heart, Lung and Blood
Institute)
P. O. Box 30105
Bethesda, MD 20824-0105
(301) 251-1222

Maternal and Child Health

Allegheny County Health Department
Nutrition Services WIC Program
Investment Building
239 4th Avenue, 21st Floor
Pittsburgh, PA 15222
(412) 355-5800

American College of Obstetricians
and Gynecologists
Office of Public Information
409 12th Street, SW
Washington, DC 20024
(202) 638-5577

La Leche League International
1400 N. Meacham Road
Schaumburg, IL 60176
(708) 455-7730

March of Dimes Birth Defects
Foundation
1275 Mamaroneck Avenue
White Plains, NY 10605
(914) 428-7100

National Maternal and Child Health
Clearinghouse
8201 Greensboro Drive, Suite 600
McLean, VA 22201
(703) 821-8955, Ext. 254 or 265

B. Local Contacts for Nutrition, Medical and Health Organizations

Local Contacts (listed in telephone directory)

American Cancer Society (city, county, or state)
Health Educator

American Heart Association (city, county, or state)
Health Educator

Cooperative Extension Service (county or university)
Food and Nutrition Specialist

Diabetes Association (city or state)
Health Educator

F.D.A. Consumer Affairs Office
Consumer Affairs Officer

Health Department (city, county, or state)
Nutritionist or Registered Dietitian

Hospital
Registered Dietitian

March of Dimes
Health Educator

Note: Many of these local contacts have materials available in non-English languages or can refer you to other agencies or affiliates who have these materials.

Section II. Food-Related Associations

Beverages

National Coffee Association of USA
110 Wall Street
New York, NY 10005
(212) 344-5596

Dairy, Eggs, and Cheese

American Dairy Products Institute
130 N. Franklin Street
Chicago, IL 60606
(312) 782-4888

American Egg Board
1460 Renaissance Drive
Park Ridge, IL 60068
(312) 694-0450

Egg Nutrition Center
1819 H Street, NW
Suite 520
Washington, DC 20006
(202) 833-8850

National Dairy Board
2111 Wilson Boulevard, Suite 600
Arlington, VA 22201
(703) 528-4800

United Dairy Industry Association(s)
National Dairy Council
O'Hare International Center
10255 West Higgins Road, Suite 900
Rosemont, IL 60018-5616
(708) 803-2000

National Yogurt Association
1764 Old Meadow Lane, Suite 350
McLean, VA 22102
(703) 821-0770

Wisconsin Milk Marketing Board/Dairy
Farmers of Wisconsin
8418 Excelsior Drive
Madison, WI 53717
(608) 836-8820

Fish and Seafood

Alaska Seafood Marketing Institute
1111 West 8th Street, Room 100
Juneau, AK 99801-1895
(907) 465-5560

Maine Sardine Council
P.O. Box 337
Brewer, ME 04412
(207) 989-2180

National Fisheries Institute, Inc.
1525 Wilson Boulevard, Suite 500
Arlington, VA 22209
(703) 524-8881

Virginia Marine Products Board
554 Denbigh Boulevard, Suite B
Newport News, VA 23602
(804) 874-3474

Meat and Poultry

American Sheep Industry Association
6911 S. Yosemite Street
Englewood, CO 80112-1414
(303) 771-3500

American Meat Institute
P.O. Box 3556
Washington, DC 20007
(703) 841-2400

National Live Stock and Meat Board
444 N. Michigan Avenue
Chicago, IL 60611
(312) 467-5520
(800) 621-7773

National Pork Producers Council
P.O. Box 10383
Des Moines, IA 50306
(515) 223-2600

National Turkey Federation
11319 Sunset Hills Road
Reston, VA 22090
(703) 435-7206

Nuts and Legumes

American Soybean Association
P.O. Box 419200
St. Louis, MO 63141-9200
(314) 576-1770

California Dry Bean Advisory Board
531-D N. Alta Avenue
Dinuba, CA 93618
(209) 591-4866

Idaho Bean Commission
P.O. Box 9433
Boise, ID 83707
(208) 334-3520

National Sunflower Association
4023 State Street
Bismarck, ND 58501
(701) 221-5100

Peanut Advisory Board
1950 North Park Place, Suite 525
Atlanta, GA 30339
(404) 933-0357

USA Dried Pea and Lentil Council
5071 Highway 8 West
Moscow, ID 83843
(208) 882-3023

Other Food Related Organizations

The Association for Dressings and
Sauces
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

Calorie Control Council
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

Food Marketing Institute
800 Connecticut Avenue, NW
Suite 400
Washington, DC 20006
(202) 452-8444

The Glutamate Association
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

Infant Formula Council
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

International Food Additives Council
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

International Food Information Council
1100 Connecticut Avenue, NW
Suite 430
Washington, DC 20036
(202) 296-6540

Olive Oil Hotline
Foodcom, Inc.
708 Third Avenue
New York, NY 10017
(212) 297-0136
(800) 232-OLIVE OIL

Popcorn Institute
401 N. Michigan Avenue
Chicago, IL 60611-4267
(312) 644-6610

The Sugar Association, Inc.
1101 15th Street, NW, Suite 600
Washington, DC 20005
(202) 785-1122

The Vinegar Institute
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

Pasta and Grains

National Pasta Association
2101 Wilson Boulevard, Suite 920
Arlington, VA 22201
(703) 841-0818

USA Rice Council
P.O. Box 740121
Houston, TX 77274
(713) 270-6699

Wheat Foods Council
5500 South Quebec, Suite 111
Englewood, CO 80111
(303) 694-5828

Produce

American Mushroom Institute
907 E. Baltimore Pike
Kennett Square, PA 19348
(215) 388-7806

California Apricot Advisory Board
1280 Boulevard Way, Suite 107
Walnut Creek, CA 94595
(510) 937-3660

California Artichoke Advisory Board
P.O. Box 747
Castroville, CA 95012
(408) 633-4411

California Avocado Commission
1251 E. Dyer Road, Suite 200
Santa Ana, CA 92705
(714) 558-6761

California Fig Advisory Board
3425 N. First Street, Suite 109
Fresno, CA 93726
(209) 224-3447

California Fresh Carrot Advisory Board
15 Willow Street
Salinas, CA 93901
(408) 793-2354

California Kiwifruit Commission
1540 River Park Drive, Suite 110
Sacramento, CA 95815
(916) 929-5314

California Olive Industry
1903 N. Fine Avenue, Suite 102
Fresno, CA 93727
(209) 456-9096

California Prune Board
Word Trade Center, Suite 103
San Francisco, CA 94111
(415) 984-2266

California Raisin Advisory Board
55 Union Street
San Francisco, CA 94111
(415) 984-6376

California Strawberry Commission
P.O. Box 269
Watsonville, CA 95077-0269
(408) 724-1301

California Table Grape Commission
P.O. Box 5498
Fresno, CA 93755
(209) 224-4997

California Tomato Board
2019 N. Gateway Boulevard
Fresno, CA 93727
(209) 251-0628

California Tree Fruit Agreement
P.O. Box 255383
Sacramento, CA 95865
(916) 483-9261

Canned Fruit Promotion Service, Inc.
P.O. Box 7111
San Francisco, CA 94120
(415) 495-7714

Cherry Marketing Institute
2220 University Park Drive, Suite 200
Okemos, MI 48864
(517) 347-0010

Florida Department of Citrus
1115 East Memorial Boulevard
P.O. Box 148
Lakeland, FL 33802
(813) 499-2500

The Frozen Vegetable Council
c/o Creamer Dickson Basford
1633 Broadway, 27th Floor
New York, NY 10019
(212) 887-8010
(813) 499-2500

Idaho Potato Commission
P.O. Box 1068
Boise, ID 83701
(208) 334-2350

International Apple Institute
P.O. Box 1137
McLean, VA 22101
(703) 442-8850

International Banana Association
1929 39th Street, NW
Washington, DC 20007
(202) 223-1183

Michigan Apple Committee
13105 Schavey Road, Suite 5
De Witt, MI 48820
(517) 669-8353

Michigan Blueberry Growers Association
P.O. Box B
Grand Junction, MI 49056
(616) 434-6791

National Cherry Growers and Industry
Foundation (Canned)
1005 Tieton Drive
Yakima, WA 98902
(509) 453-4837

New York Apple Association, Inc.
7645 Main Street
P.O. Box 350
Fishers, NY 14453-0350
(716) 924-2171

North American Blueberry Council
P.O. Box 1036
Folsom, CA 95763
Attn: Mark Villata
(916) 985-6644

Potato Board
7555 East Hampden
Room 412
Denver, CO 80231
(303) 758-7783

Produce Marketing Association, Inc.
1500 Casho Mill Road
Newark, DE 19714-6036
(302) 738-7100

United Fresh Fruit and Vegetable
Association
727 N. Washington Street
Alexandria, VA 22314
(703) 836-3410

Washington Apple Commission
P.O. Box 18
Wenatchee, WA 98807
(509) 663-9600

Washington State Potato Commission
108 Interlake Road
Moses Lake, WA 98837
(509) 765-8845

Wisconsin-Minnesota Canned Vegetable
Council
222 N. Midvale Boulevard, Suite 29
Box 5258
Madison, WI 53705
(608) 231-2250

Section III. Food Companies

American Home Food Products, Inc.
5 Jiralda Farms
Madison, NJ 07940-0873
(800) 544-5680 (9AM-5PM CST)

Arm and Hammer
469 N. Harrison Street
Princeton, NJ 08543
(800) 524-1328 (9AM-4PM EST)

Best Foods - a Division of CPC
International Inc.
P.O. Box 8000
International Plaza
Englewood Cliffs, NJ 07632
(201) 894-2307

Cadbury Beverages
Consumer Affairs Office
6 Highridge Park
P.O. Box 3800
Stamford, CT 06913-1051
(800) 426-4891 (9AM-4PM EST)

Campbell Soup Company
Corporate Communications Center
Campbell Place
Camden, NJ 08103-1799
(800) 257-8443 (9AM-4PM CST)

ConAgra Frozen Foods
Consumer Service Department
6 ConAgra Drive
P.O. Box 3768
Omaha, NE 68103-0768
(800) 722-1344 (10AM-7PM CST)

Del Monte
Consumer Affairs Department
P.O. Box 193575
San Francisco, CA 94119-3575
(800) 543-3090 (8AM-5PM PST)

Dole Consumer Center
5795 Lindero Canyon Road
West Lake, CA 91362
(800) 232-8888 (8AM-5PM PST)

Empire Kosher Poultry
Customer Relations
P.O. Box 165
Mifflintown, PA 17059
(800) 367-4734 (8AM-5PM M-Th,
8AM-3PM F, EST)

General Mills
Consumer Service
P.O. Box 1113
Minneapolis, MN 55440
(800) 328-6787 (7:30AM-5:30PM EST)

Gerber Products
445 State Street
Fremont, MI 49413
(800) 443-7237 (24 hours/day)

Giant Food, Inc.
Consumer Affairs Department
P.O. Box 1804
Washington, DC 20013
(301) 341-4322

H. J. Heinz
1 Riverfront Place
Newport, KY 41071
(800) 252-7022 (9AM-5PM EST)
(800) USA-Baby

Hershey Foods Corporation
Consumer Relations Department
P.O. Box 815
100 Crystal A Drive
Hershey, PA 17033-0815
(800) 468-1714 (9AM-4PM EST)

Hormel Foods Corporation
Consumer Affairs
P.O. Box 800
Austin, MI 55912
(800) 523-4635 (8AM-4PM CST)

Hunt-Wesson Foods
P.O. Box 4800
Fullerton, CA 92633
(714) 680-1000

Kellogg Company (S)
Consumer Affairs Department
P.O. Box 3599
Battle Creek, MI 49016-3599
(800) 962-1718 (9AM-5PM EST)

Kretschmer Wheat Germ Sampling Co.
c/o McDowell & Piasecki
Food Communications, Inc.
20 N. Wacker Drive, Suite 1740
Chicago, IL 60606-0944
(312) 201-9101

Land O'Lakes
Consumer Affairs Department
P.O. Box 116
Minneapolis, MN 55440-9904
(800) 328-4155 (9AM-4PM CST)

McDonald's Educational Resource
Center
P.O. Box 8002
St. Charles, IL 60174-8002
(800) 627-7646

Nabisco Brands, Inc.
P.O. Box 1911
East Hanover, NJ 07936
(800) 622-4726 (9AM-7:30 EST)

Nestle Food Company
Nestle Consumer Affairs
800 N. Brand Boulevard
Glendale, CA 91203
(800) 637-8537 (8AM-4PM PST)

The NutraSweet Company
Consumer Affairs
Box 830
Deerfield, IL 60015
(800) 321-7254 (9AM-3PM CST)

Ocean Spray Cranberries, Inc.
One Ocean Spray Drive
Lakeview-Middleboro, MA 02349
(508) 946-1000

Oscar Mayer Foods Corporation
P.O. Box 7188
Madison, WI 53707
(608) 241-3311

Perdue Farms Inc.
P.O. Box 1537-NI
Salisbury, MD 21802
(800) 442-2034

Perrier Group of America
Consumer Affairs
601 East Potrail Grande Drive
Monterey Park, CA 91754
(800) 937-2002 (9AM-8PM PST)

The Pillsbury Company
Consumer Relations
Pillsbury Center
200 South 6th Street
Minneapolis, MN 55402
(800) 767-4466 (8AM-6PM CST)

Proctor and Gamble
P.O. Box 599
Cincinnati, OH 45201
(513) 983-1100
(800) 543-7276 (8:30AM-8:30PM EST)

Quaker Oats Company
321 N. Clark Street
Chicago, IL 60610-4714
(312) 222-7111

Sunkist Growers, Inc.
Consumer Information
P.O. Box 7888
Van Nuys, CA 91409-7888
(818) 986-4800
(800) CITRUS-5
(800) 248-7875 (M-F 8:30-5 PST)

Sweet 'N Low-Butter Buds Hotline
P.O. Box 140
Great Neck, NY 11021
(800) 231-1123 (9AM-5PM EST)
in New York (800) 336-0363

Sweet One Hotline
Stadt Corporation
Suite 1, P.O. Box 2160
Great Neck, NY 11021
(800) 544-8610 (9AM-5PM EST)

Tyson Foods, Inc.
P.O. Box 2020
Springdale, AR 72765-2020
(800) 233-6332 (8AM-5PM CST)

Van Den Bergh Foods (Ragu)
Consumer Information Center
75 Merritt Boulevard
Trumbull, CT 06611
(800) 328-7248 (8:30AM-8:30PM EST)

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